

Honey-Glazed Carrots

Serves 8

2 lbs baby carrots
4 Tb margarine
4 Tb honey
1 tsp lemon juice
1 tsp ground ginger
1/4 tsp salt

Place the carrots in a medium saucepan. Add enough water to cover and bring to a boil over high heat. Reduce the heat to medium, cover, and cook for 15 to 20 minutes or until desired tenderness.

In another saucepan, melt the margarine over medium heat. Add the remaining ingredients; mix well. Serve immediately.

Nutrients per ½ cup serving: 131 calories, 20 g carbohydrate, 6 g fat, 2 g saturated fat, 122 mg sodium. 0 cholesterol.

Exchanges: ½ carbohydrate, 2 vegetable, 1 fat